

BIRT/SODR School Year Program Calendar

*For programs that require sign up please contact a recreation staff, please see backside of Calendar for extensions. In order to practice physical distancing a limit of clients per space may be necessary.

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Afternoon Program 3:30-4:30 PM	<p style="text-align: center;">After School Check-In (BIRT Lounge)</p> <p style="text-align: center;">Teen Lounge Drop In (Tuesday, Wednesday, Thursday 3:30-6:00 pm)</p> <p style="text-align: center;">Thursday Afternoon Recreation Swim 2:15-3:15 <i>*Sign up required</i></p>					<p style="text-align: center;">Morning Drop In Program (ADL Lounge) 9:30-11:30 am</p> <p style="text-align: center;">Afternoon ADL Program (ADL Lounge) 1:30-3:30 pm</p>
Evening Program 6:00-8:00 PM	<p style="text-align: center;">JR. Art Studio <i>*Sign up required</i> 6:00-7:30pm</p>	<p style="text-align: center;">JR. Gym Activities (Gym 0W300) 6:00-7:00pm</p>	<p style="text-align: center;">JR. Kitchen Night (ADL Kitchen) Space: limited</p>	<p style="text-align: center;">ADL Program (ADL Lounge/ Kitchen)</p>	<p style="text-align: center;">ADL Program (ADL Lounge)</p>	
	<p style="text-align: center;">SR. Kitchen Night (ADL Kitchen) Space: limited</p>	<p style="text-align: center;">SR. ADL Program (ADL Lounge/ Kitchen) Sr. 6:00-7:30pm</p>	<p style="text-align: center;">SR. Art Studio <i>*Sign up required</i> 6:00-7:30pm</p>			
	<p style="text-align: center;">ADL Program (ADL Lounge) As available</p>	<p style="text-align: center;">Pet Visiting (Gym) Jr. 7:00-7:30pm Sr. 7:30-8:00pm</p>	<p style="text-align: center;">ADL Program (ADL Lounge)</p>	<p style="text-align: center;">Special Events <i>As available</i> (See TR staff for details)</p>		
	<p style="text-align: center;">Recreational Swim <i>*Sign up required</i> 6:25-7:15 pm 7:25-8:15pm</p>		<p style="text-align: center;">Recreational Swim <i>*Sign up required</i> 6:25-7:30 pm</p>			

TRS/TRA Extensions

(416) 425-6220

Michelle Champagne, BIRT TRS Ext 6433

Rachel McBurney, SODR TRS Ext 6265

Carter Wickson, TRA Ext 6350

Room Locations

ADL Lounge: Room OW245
Ext X3560

Kitchen: OW255
Ext X3573

Gym: OW300
Ext 3433

Snnozelen: 3E
Ext 3241

Art Studio: Across from Conference Centre
Ext 3378

Conference Centre: 1E200

BIRT Lounge: 3W370
Ext 6417

SODR Lounge: 3W130
Ext 6418

Teen Lounge - 3W460
Ext 3783

PROGRAM DESCRIPTIONS

ADL PROGRAM (ACTIVITY ROOM)

Join in an open group program and try activities such as doing a craft, playing billiards, playing air hockey, card games, or board games.

KITCHEN

A place to learn a new kitchen skill, make a tasty treat, or just have fun in the kitchen? Come create a new delicious recipe with us each week!

GYM

Come join us for opportunities to learn and play low impact gym games that support participation of all abilities. If interested in learning and participating in further gym skill building and or wheelchair sports programs, please inquire with BIRT/SODR Therapeutic Recreation staff for potential availability and for further information.

SNOEZELN ROOM

The Snnozelen room allows you to explore and relax in a soothing and stimulating environment. Ask a BIRT/SODR Therapeutic Recreation Staff for individual time in the Snnozelen room.

TEEN LOUNGE

Need a place to hang out? Drop in to play video games, board games, card games, practice your music skills on the piano, or watch TV/Movies with the support from the Teen Lounge Hosts.

SPECIAL EVENTS

Movies, Parties, Performances, Holiday Celebrations, Theme Days, Game Night, and More! TR staff will post details and notify you about special events as they become available.

PROGRAMS THAT REQUIRE SIGN UP BEFORE 4PM THE DAY OF

Please contact any member of your Therapeutic Recreation Team to sign up

OPEN ART STUDIO

Feeling creative? This is an opportunity to brush up on your art/crafting skills, while learning a variety of art methods and techniques, facilitated by an Artist.

RECREATION SWIM

Interested in going for a swim? Inquire with BIRT/SODR Therapeutic Recreation staff for program availability, guidelines, and opportunities to schedule your swim. Medical clearance is required.

Recreational Swim Times

Sign up required. Please speak with your TRS/TRA to register.

Monday: 6:25-7:15 pm
Monday: 7:30-8:15 pm
Wednesday: 6:25-7:30 pm
Thursday: 2:15-3:15 pm

Please contact any member of your Therapeutic Recreation Team to sign up

1:1 Requests

If you are feeling that you need more one on one recreational programming. Do not hesitate to get in contact with your TRS so they can work with you to schedule time that both of you can partake in an activity.